

MONTGOMERY COUNTY DEPARTMENT OF RECREATION

SENIOR PROGRAM OPPORTUNITIES

AT

GERMANTOWN

Germantown Senior Program

Meets on Mondays & Thursdays: 10:00 am to 2:00 pm

Evergreen Senior Program

Meets on Tuesdays, Wednesdays and Fridays: 9:00 am to 4:00 pm



Director Anya Hoffman, Nutrition Site Manager Almas Ahmed
18905 KINGSVIEW ROAD, GERMANTOWN, MARYLAND 301-601-1685

Germantown Senior Program is a two day program that offers an opportunity of friendships, continued learning experiences, health education and exercise for the body, mind and soul. There is a federal lunch program, limited bus service and planned activities to enjoy. Make this the best time of your life!

Inclement Weather Policy

When Montgomery County Schools are closed, all senior classes and programs including lunch and transportation are cancelled. If MCPS has a delayed opening, senior programs in UpCounty are closed. During inclement weather, please listen to your radio for possible school closings.

January 2007

Morning Activities

In the morning from 10:00am to 12:00noon, the following activities can be enjoyed: coffee and tea time, chair exercise, games such as bridge, mah jong, cards or board games in the game room.

January

Thursday, January 4

1:00pm – 2:00pm

Bingo Game

Bring prizes in for the first Bingo game of the year!

Monday, January 8

12:30pm – 1:00pm

Carol Smith from the Department of Human Resources

Please make an appointment with Carol

1:00pm – 2:00pm

Dancin' Shoes Day

There will be music and plenty of room to dance to your own beat.

Thursday, January 11

12:45pm – 1:45pm

Line Dancing with Frank Staneck

Monday, January 15

Martin Luther King, Jr. Day, Center Closed

Thursday, January 18

12:30pm – 2:00pm

Movie Day and Popcorn

The film "Eight Below" is the story of survival and loyalty filmed in the coldest place on earth. It is also the story of man and nature and man's best friends, the huskies that serve and love him.

Monday, January 22

1:00pm – 2:00pm

Frank's Dancing Dolls

This is a fun variety show for all to enjoy

Thursday, January 25

10:45am – 11:30am

New Program* - Bone Builders Coming to Germantown

Jenny Gilbert from Aging and Disabilities Services will explain the program "Bone Builders". This has been hugely successful everywhere it has been and Germantown has been selected for this new opportunity to learn how to be healthier through exercise.

12:00noon – 2:00pm

Pizza Party and Charades

Monday, January 29

12:45pm – 2:00pm

Valentine Day Craft

Joann Woodson has a cool craft for your sweetheart gift.

Financial Assistance Policy – The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, please see a staff member.

Senior Program Web site: www.montgomerycountymd.gov/rec

Transportation and Meal Reservation Procedures

Lunch is served at the Center on weekdays at 12:00 noon. Please make reservations for bus and/or lunch at the center in person or by calling 301-601-1685 on Monday or Thursday prior to your intended day of need. Call the Senior Center, 301-601-1685, to cancel either bus or lunch by leaving a message on the recorder. The full cost of the meal is \$4.83. For persons aged 60 and over, and spouses of any age, a voluntary contribution is requested. Remember, contributions are used to purchase meals---please contribute as much as you can. Guests under age 60 must pay the full cost of the meal. For information on limited transportation to and from the Germantown Senior Program, please call Anya. Transportation reservations must be made by 2:00 pm the last program day before you wish to come by calling 301-601-1685. **Same day cancellations for transportation must be called in to the Senior Center by 8:00 am.**

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with Americans with Disabilities Act (ADA). If you need auxiliary aids or services in order to participate, call 240-777-6960/TTY 240-777-6974 at least two weeks prior to the start of the activity.